

ENJOY THE GREAT TASTE OF WHOLE GRAINS

WORKSHEET

Try something new!

Please complete this worksheet about whole grains. If you have any questions at any time, please ask.

healthyhabits everyday

ACTIVITY:1

THE WHOLE GRAINS YOUR FAMILY EATS

DIRECTIONS

Now that WIC is providing whole grains, please check (✓) what you bought in the last month.

WHEAT



- ☐ Whole Wheat Tortillas ☐ 100% Whole Wheat Bread ☐ 100% Whole Wheat Rolls ☐ Bulgur Wheat
☐ 100% Whole Wheat Buns

☐ BROWN RICE



CORN



- ☐ Corn Tortillas

☐ BARLEY



OATS



- ☐ Steel cut Oats ☐ Rolled Oats

ACTIVITY:2

COOKING WHOLE GRAINS

DIRECTIONS:

How comfortable are you in using or cooking the following whole grains for your family's meals? Check (✓) the appropriate box for each whole grain.

	Never Used	Not Comfortable	Somewhat Comfortable	Very Comfortable
100 % Whole Wheat Bread or Rolls				
Brown Rice				
Corn Tortillas				
Whole Wheat Tortillas				
Oats				
Barley, hulled				
Bulgur				



Looking for whole grain ideas or recipes?

Check (✓) which of the following you would like:

- ☐ Information on cooking whole grains
- ☐ Recipes
- ☐ Cookbook



**THANK YOU FOR PARTICIPATING
IN THIS ACTIVITY!**

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